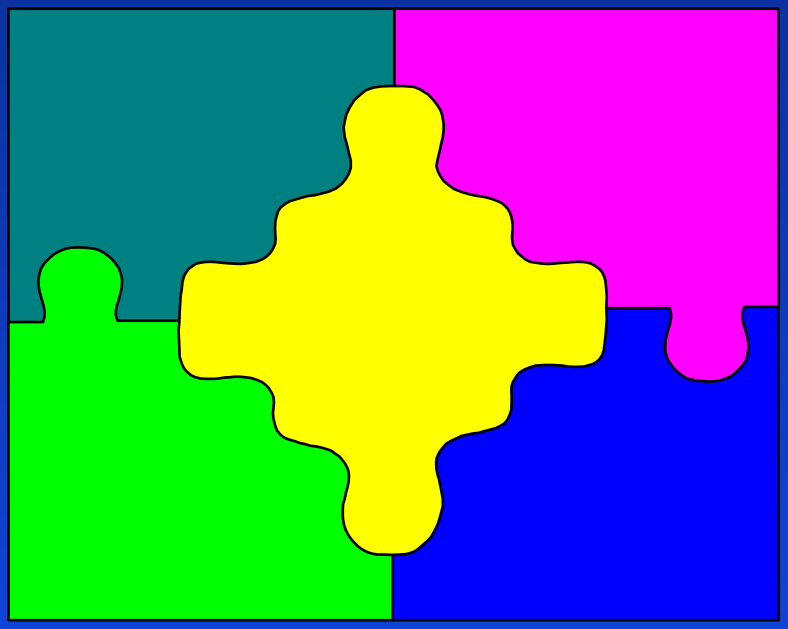
BIO-PSYCHOSOCIAL MODEL OF ADDICTION



SUBSTANCE ABUSE RECOVERY CENTER

Purpose of Presentation

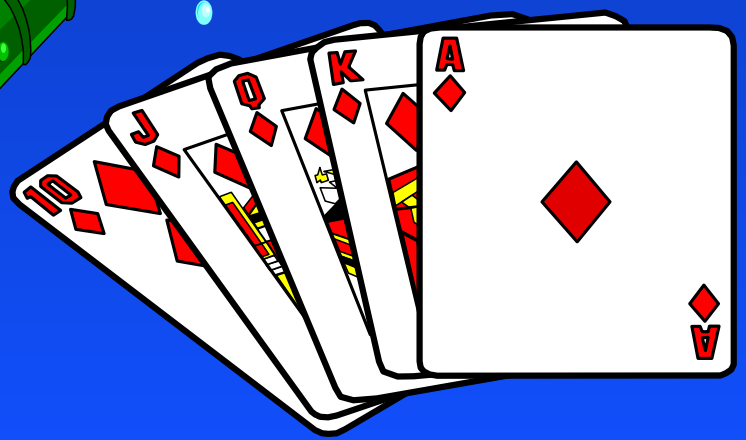
- To educate patients regarding the progression of alcoholism and enable them to recognize the characteristics of addiction that lead to sub abuse and dependenc

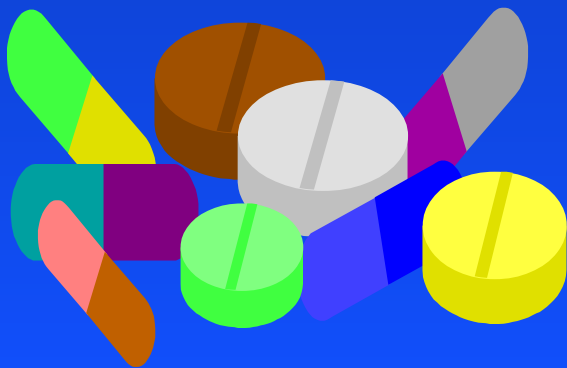
Topics of Discussion

- Definition
- Characteristics of Addiction
- Misconceptions of Addiction
- Causes of Addiction
- 5 Stages of Addiction
- Symptoms of Chemical Dependence
- Diagnostic Criteria

ADDICTION

To devote or give (oneself) habitually or compulsively to something (Webster's II, New Riverside University Dictionary 1984)





Characteristics of Addiction

- Loss of control in terms of amount or frequencies
- Compulsive preoccupation with substance or behavior
- Continued use despite negative consequences

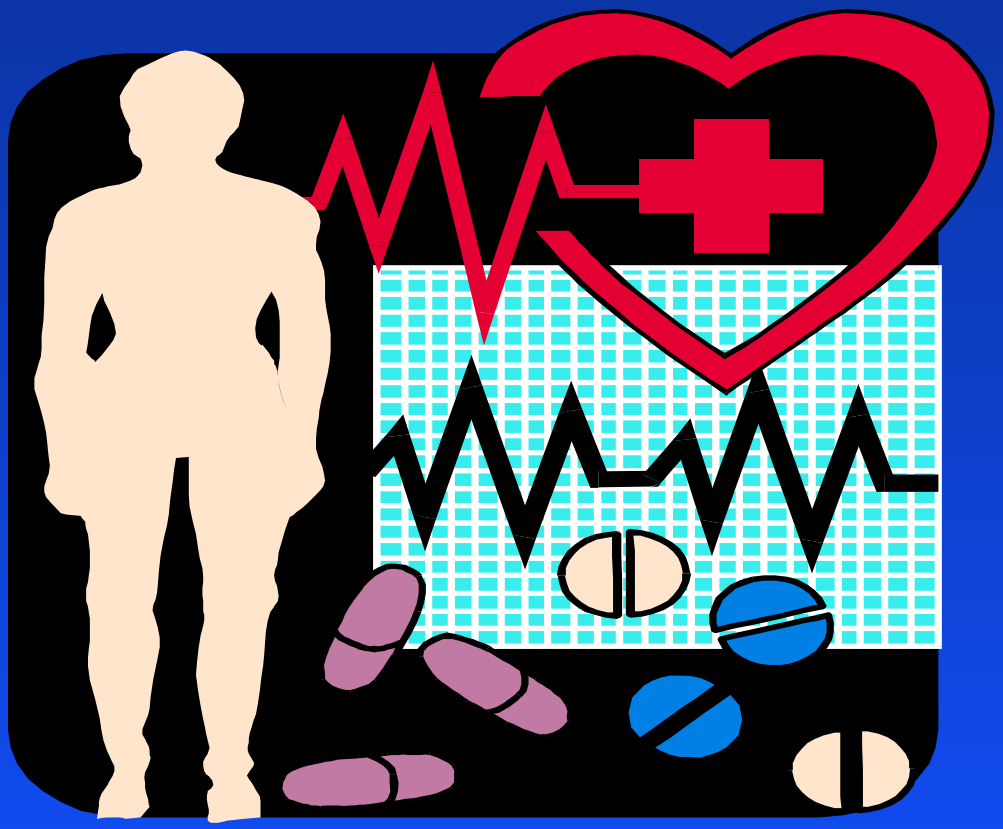
Misconceptions of Addiction

- Only addicted if use daily or experience withdrawal
- Addicts are unemployed, poor, criminals, etc…
- Addiction is only physical and can't be psychological
- Addiction is caused by a lack of willpower, moral weakness, mental illness, etc…
- Alcohol abuse is normalized…everyone does it

Causes of Addiction

- Substance -- some are more addictive than others
- User -- genetics and self-concept contribute to the potential for addiction
- Environment -- culture, society, me

FIVE STAGES OF ALCOHOLISM



STAGE 1 - PREALCOHOLIC

- Occasional drinking (experimentation, peer pressure)
- Social drinking (parties, dinner, special occasions)
- Increased frequency/quantity
  - passing out
  - hangovers

STAGE 2 - EARLY ALCOHOLISM

- Gulping/Sneaking drinks
- Damage control/behavioral problems
  - DUI
  - late for duty
  - drunk and disorderly
- Blackouts…not passing out
- Increased hangovers

STAGE 3 - MIDDLE ALCOHOLISM

- Development of an alibi system
  - family members
  - co-workers
- Changes in usual drinking pattern
  - weekends…mid week only…every other day…daily
- Loss of rational control…denial
- Solitary drinking

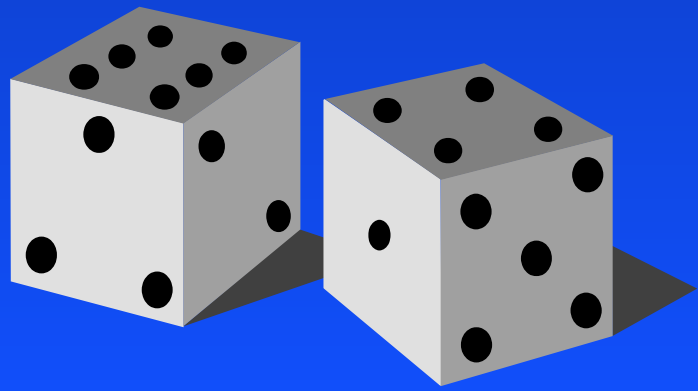
STAGE 4 - PHYSIOLOGICAL DEPENDENCE

- Development of a tolerance…now takes much much more to become intoxicated
- Maintenance drinking
  - daily consumption to carry through the week
  - early afternoon drinking
  - morning drinking
- Protecting supply…keep substance on hand
- Increased blackouts

STAGE 5 - LATE ALCOHOLISM

- No longer tolerated at work
- Loss of alibi system…family…co-workers
- Deep periods of emotional discomfort
  - anxiety/depression
- Chronic Alcohol Syndrome
  - abnormal lab values
  - liver damage
  - heart problems

SYMPTOMS OF SUBSTANCE DPENDENCE



GROWING PREOCCUPATION

- Anticipation of drinking or using…. weekends, end of day, or after noon
- Holidays, celebrations, vacations become drinking binges
- Growing involvement in drinking/using activities…bar building
- Planning times of consumption with friends or associates…no alcohol…nothing in common

SELF PRESCRIBED MEDICATION

- Growing need during times of stress
  - occupational problems or discomfort
  - family relationships…marriage…children
- Begins to drink or use to prevent stress
  - “it’s going to be a rough day…week…month”
  - “holidays are coming…they’re always hard”
- Used to cope with depressive symptoms
  - alcohol is a depressant…compounds discomfort
  - increases likelihood of suicidal thoughts… gestures…and often times…suicide attempts

GROWING RIGIDITY IN LIFE-STYLE

- Has a particular time for drinking/using
  - can’t sleep without a drink or pill
- Self-imposed rules begin to change
  - “it’s 12 O’clock somewhere”
- Limits “social” activities to those that involve drinking/using
- Doesn’t go anywhere without supply
- Resents attempts by others to limit use

GROWING TOLERENCE

- Increasing dosage to obtain the same feeling formerly obtained with lesser amount
- “Wooden Leg” syndrome…ability to consume large quantities of a substance without showing

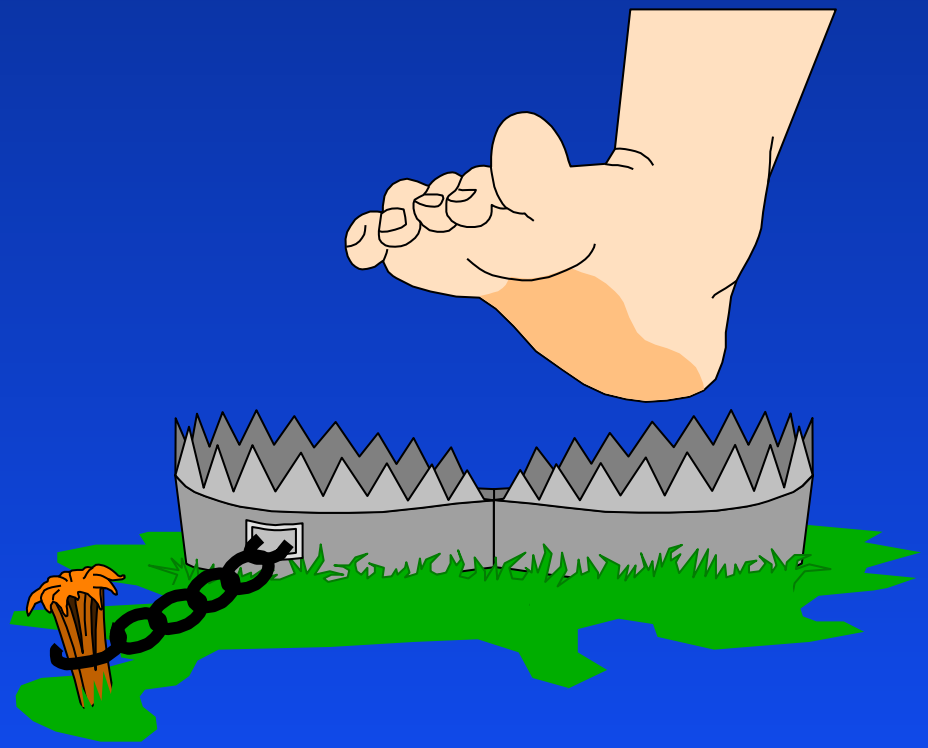
HIDING USE OF SUBSTANCE

- Gulping drinks
- Orderings stiffer drinks
- Sneaking drinks
- Self appointed bartender
- Using prior to social engagements
- Purchasing in larger quantities
- Protecting the supply

LOSS OF CONTROL

- Increase in blackouts and memory distortion
- Drinking/using larger quantity than planned
- Binge drinking/using
- Morning drinking/using

REPEATED HARMFUL CONSEQUENCES



LEGAL PROBLEMS

- Car accidents…DUI…DWI…etc…
- Disorderly conduct…public intoxication
- Buying or selling illegal drugs
- Buying from illegal sources
- Lawsuits caused by chemically impaired judgment or behavioral problems
- LOCs…LORs…Article 15s

OCCUPATIONAL PROBLEMS

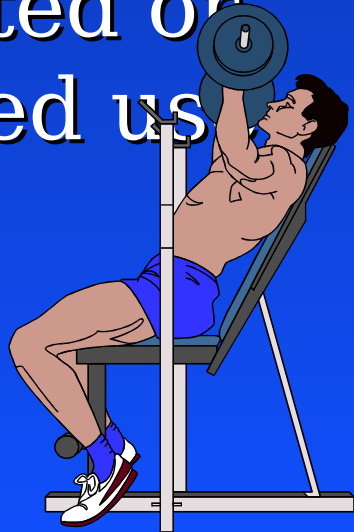
- Absenteeism…tardiness…hangovers
- Under the influence while on duty
  - Members must terminate alcohol use 8 hours prior to performing *any* duty
- Lost promotions due to poor performance
- Loss of job

FAMILY PROBLEMS

- Broken promises to cut down or quit
- Sacrificing other family needs such as money and time with children
- Changing family duties due to physical incapacity…hangovers…lack of motivation
- Chemically induced mood changes
- Arguments and physical fights
- Separation and/or divorce

SOCIAL PROBLEMS

- Deterioration and/or loss of friendships due to continued use or behavioral problems
- Previous hobbies…interests…and community activities neglected or discontinued due to continued use



PHYSICAL PROBLEMS

- Increasing number of physical complaints and discomfort secondary to substance use
  - Often times medical advice to quit is ignored
- Use of alcohol or drugs as medication
  - To get to sleep
  - To relieve pain
- Physical deterioration due to chemical use
- Numerous hospitalizations…DETOX

DIAGNOSTIC CRITERIA FOR SUBSTANCE ABUSE AND SUBSTANCE DEPENDENCE

American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Washington, DC, American Psychiatric Association, 1994.

SUBSTANCE ABUSE

A maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by one (or more) of the following, occurring within a 12- month period:

SUBSTANCE ABUSE

"One or more present during 12-month period"

- Recurrent substance use resulting in a failure to fulfill major role obligations at work, school or home.
- Recurrent substance use in situations in which it is physically hazardous.
- Recurrent substance-related legal problems.
- Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance

SUBSTANCE DEPENDENCE

A maladaptive pattern of substance use, leading to clinically significant impairment or distress, as manifested by three (or more) of the following, occurring at any time in the same 12-month period:

SPECIFY with physiological dependence if either tolerance or withdrawal is present or without physiological dependence if

SUBSTANCE DEPENDENCE

"Three or more present within a 12-month period"

- Tolerance, as defined by either of the following:
  - A need for markedly increased amounts of the substance to reach intoxication or desired effect, or
  - Markedly diminished effect with continued use of the same amount of the substance.
- Withdrawal, as manifested by either of the following:
  - The characteristic withdrawal syndrome for the substance, or
  - The same (or closely related) substance is taken to relieve or avoid withdrawal symptoms.

SUBSTANCE DEPENDENCE

"Three or more present within a 12-month period"

- The substance is often taken in larger amounts or over a longer period than was intended.
- There is a persistent desire or unsuccessful efforts to cut down or control substance use.
- A great deal of time is spent in activities necessary to obtain the substance, use the substance, or recover from its effects.
- Important social, occupational, or recreational activities are given up or reduced because of substance use.
- The substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance.

QUESTIONS?